

## **QUICK RELEASE SUPPORT POST AND ASSOCIATED METHOD**

### **ABSTRACT OF THE DISCLOSURE**

A quick release support post and associated method are provided to attach a cable to a structure and later move the cable location without the need for many small parts and tools. Thus, cables and wires may be installed in hard-to-reach areas  
5 quicker and easier than with conventional clamps because no tools are required and an installer generally does not have to use both hands. Because the quick release support posts and associated method require only a hole in the structure for installation, there is no need for extra materials, and minimal weight is added to the structure during  
10 installation or movement. In addition, the quick release support posts and associated method of the present invention create efficient cable management systems because the support posts may be various lengths and cables may be grouped and secured to the support posts together, which makes trouble shooting and later moves much easier.

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